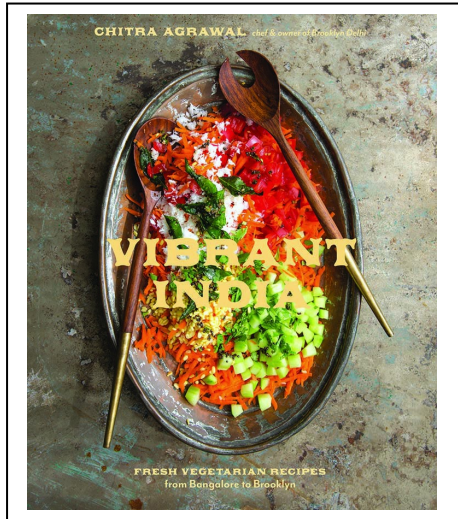




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MANGO AND COCONUT MILKSHAKE

Mavina Hannina Seekarne

Summer • Serves 4
Gluten-Free

In the summer, we buy cases of mangoes from the Indian shops. They are delicious on their own, but for a special treat I make a mango and coconut milkshake based on mavina hannu seekarne. This pudding-like dessert traditionally is made with mango pulp, shredded coconut, milk, and cardamom.

My take on this recipe is a mango and coconut milkshake. In our house, my husband is the smoothie king, so when I told him about this idea of mine, he volunteered his consulting services. This recipe is our collaboration.

2 mangoes, peeled and cubed
1 can (13.5 ounces) unsweetened coconut milk
1/2 cup plain yogurt
1/2 teaspoon cardamom powder
3 to 4 tablespoons sugar
2 ice cubes

Place all ingredients in a blender and puree into a shake. Serve immediately.



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